

KODIAK



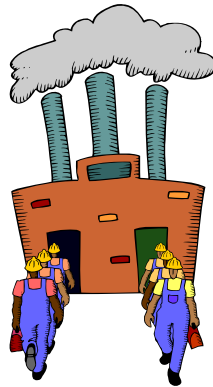
BEAR

June 2008

Serving Kodiak since 1941
US COAST GUARD

Kodiak, Alaska

New Work-Life PCS *Check-In/Check-out Schedule Starts June 1st!



Starting June 1st, the ISC Kodiak Work-Life staff will conduct group check-ins/check-outs according to the following schedule:

Check-Ins

Check-Outs

Tuesdays: 1330

0900

Thursdays: 0900

1300

Please contact a Work-Life staff member if you require any additional information at **487-5525**.

**The Work-Life staff will make special arrangements for deployable members.*

MWR AT A GLANCE

MWR AUTO HOBBY 487-5844
MONDAY - WEDNESDAY CLOSED
THURSDAY & FRIDAY 12:00p.m. - 10:00p.m.
SATURDAY & SUNDAY 10:00a.m. - 8:00p.m.

BILLIKEN THEATRE - MOVIE LINE 487-5884
SHOWTIMES
WEDNESDAY & THURSDAY 7:00p.m.
FRIDAY - SUNDAY 3:30p.m. & 7:00p.m.

GOLDEN ANCHOR BANQUET ROOM 487-5798
MONDAY - FRIDAY 8:00a.m. - 1:00a.m.
WEEKEND & HOLIDAYS 8:00a.m. - 1:00a.m.
**AVAILABLE BY RESERVATION ONLY,
CONTACT LINDA PENA @ 487-5059.**

GOLDEN ANCHOR SPORTS PUB 487-5798
SUNDAY - WEDNESDAY CLOSED
THURSDAY 5:00p.m. - 9:00p.m.
FRIDAY - SATURDAY 5:00p.m. - 12:00p.m.
GRILL HOURS 5:00p.m. - 9:00p.m.

MWR GUEST HOUSE / RV LOT 487-5446
OPEN 24 HOURS A DAY / 7 DAYS A WEEK

NORTHERN LIGHTS RECREATION FACILITY
487-5272
MONDAY - SATURDAY 5:30a.m. - 9:30p.m.
SUNDAY 1:00p.m. - 9:00p.m.

Jewel Beach Gazebo: (100 cap.):

The Gazebo is an outdoor facility located next to Tsunami Lanes Bowling Center. There is a volleyball court, batting cage, horseshoe pit, and a barbecue available to use May through September. Reservations are taken at the MWR Office, **Call 487-5108.**

There is no rental fee to reserve this area.

We're on the Web!
www.kodiakmwr.com

MWR PIZZA PARLOR 487-5988
(At the Bowling Center)
MONDAY - FRIDAY 8:00a.m. - 9:00p.m.
SATURDAY 11:30a.m. - 9:00p.m.
SUNDAY 1:00p.m. - 6:00p.m.

TSUNAMI LANES 487-5401
MONDAY - TUESDAY CLOSED
WEDNESDAY - SATURDAY 11:30a.m. - 10:00p.m.
SUNDAY 1:00p.m. - 8:00p.m.

BEAR VALLEY GOLF COURSE 487-5323
**The course operates daily from 8:00 a.m. weekdays
and 7:00 a.m. Sat., Sun., and Holidays. Closing is two
hours before sunset for the last tee off.**

MWR BOAT HOUSE 487-5047
OPEN 7 DAYS A WEEK 8:00a.m. - 8:00p.m.

MWR POOL 487-5391
SEE POOL SCHEDULE FOR DETAILS

MWR TEEN CENTER 487-5250
MONDAY - FRIDAY 12:00p.m. - 7:00p.m.

Military Ticket Program:

MWR can now order discounted tickets for Disney World, Disney Land and Sea World. Tickets must be ordered with two weeks advance notice. The MWR Office is located on the 2nd floor of the base gym. If you are interested in obtaining tickets for other locations including hotel vouchers, please stop by the MWR Office or call MWR at 487-5108 for additional information.

Solar Therapy Room:

Is open to active duty, dependents, civilian employees, and retired military. To make an appointment, call the Gear Issue Desk at 487-5272.

COST: \$4-per tan, \$8-"First Timers Pkg,
\$10-5 Tan Punch Card,
\$20-10 Tan Punch Card
\$40-20 Tan Punch Card, Tan Punch Cards can be purchased at the Gear Issue Desk.

Pool / Pizza Party:

Special party package includes 1 hour of pool time, 2 large one topping pizzas, and drinks for only \$70.00. Additional one topping pizzas can be purchased for \$16.00 each. Pizzas can also be double cut if requested. The pizzas and drinks are provided by the Pizza Parlor and would be consumed in the Bowling Center dining area. This special is provided for groups up to 20 people. To make a reservation or for more information, please contact Jim Willis, Pool Manager, at 487-5391.

Newcomer's Welcome Aboard Fair

Base Gym

**Wednesday, August 13, 2008
1:00 pm to 5:00 pm**

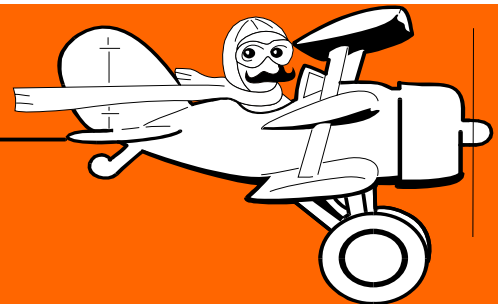
This event is for the entire family!!!!!!

**Drop by the Base Gym at any time during the day
and see what Kodiak has to offer!**



WELCOME TO TEAM KODIAK

Sponsored By MWR



- Brochures and Information
- Meet New People
- Enjoy Refreshments
- Door Prizes

Key to success during this tour is **Get Involved** in what Kodiak has to offer!

Stop in and join us! Meet some of the people that will help to make your tour on Kodiak enjoyable!

For questions contact: Linda Pena, MWR
Business Section Chief @ 487-5059

Some of the available information will be:

Mortgage Information
Banking Information
Morale, Welfare & Recreation (MWR)
Kodiak College
Kodiak School Information
Wellness Information
Childcare Information
Safety Information
Medical Information
Phone Books
School Information
Employment Information for Spouses
DECA Commissary
Space-A Flights
Children's Summer Camps

AND MUCH MORE!!!!!!!!!!!!!!



MWR'S SUMMER GIVE-A-WAY!



Don't miss your chance to win a BBQ grill, patio furniture, fishing pole and other prizes!!



It's easy, between the dates of June 1st through July 2nd, just write your name and phone number on the back of your MWR Pizza Parlor receipt with a value of \$7.00 or more and drop it in the box.

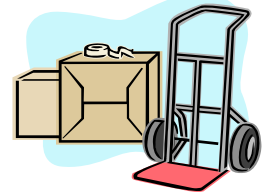
Drawing will be held at the Pizza Parlor Wednesday, July 2nd at 1200 noon.





Teen Center Moving To Gym

June 1, 2008



**New Place:
At the Gym**



**New Days:
Monday-Friday**



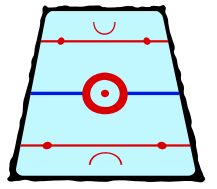
**New Hours:
12:00-7:00pm**





Win A Prize

OPEN HOUSE AT THE



Play some games

TEEN CENTER

NEW LOCATION

AT THE BASE GYM



Enjoy some Ice Cream

JUNE 11TH
2:00-5:00PM
Ages 10 & Up

Play some sports



Questions call Brenda 487-5271

Play some video games



Do some crafts

Win A Prize



Hike Old Women Mountain

Wednesday, June 25th

Meet at Gym at 10:00am

Bring Sack Lunch and Water Bottle

Sign up at Teen Center before June 23rd

Pick Up Permission Slip at New Teen Center

**MWR Eligible Youth
Ages 11 and up**



**Call For More Information
Or To Sign Up
Brenda @ 487-5271
Kristin @ 487-5250**



Coast Guard Spouses' Association of Kodiak (SAK)

The Spouses' Association of Kodiak (SAK) is devoted to United States Coast Guard active duty members, their families, and the greater community of Kodiak, Alaska.

If you've been on the island for years or have just arrived, SAK has something for you. The organization offers many opportunities to socialize and serve the community.

Activities include:

Stiles-Clark Charity Auction, formerly the
Serendipity Auction

Book Club

Playgroup

Bunco

Santa to the Villages Program (35-year-old program that
brings Christmas to the remote villages of Kodiak Island)

Much, much more

For more information, check out our website at

<http://www.kodiakosa.org/> or email
contact@kodiakosa.org.

Split Disbursement Of Travel Reimbursement

This is a process where a designated amount of TDY travel reimbursement funds is paid directly to Citibank, and automatically applied to the GTCC individually billed account of the traveler.

This program became available 5 May 2008 and effective 1 Jun 2008 use of split disbursement is mandatory by travelers who possess a Citibank GTCC.

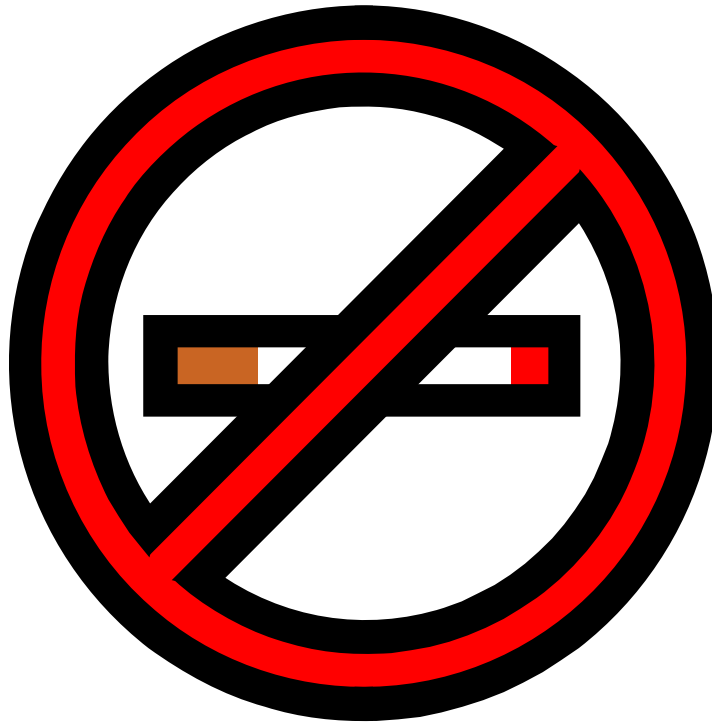
Detailed instructions on the use of the split disbursement feature within T-PAX and for individuals submitting manual vouchers are available on the PSC website at:

[HTTP://WWW.USCG.MIL/HQ/PSC/TVL.ASP](http://www.uscg.mil/hq/psc/tvl.asp)

Travelers are encouraged to validate their GTCC information in DA before using the split disbursement function in T-PAX by logging on to DA and path at self service/employee/view/my credit card data section to validate that the three numbers contained in the card member block is identical to the last three numbers of GTCC account number embossed on your credit card. If the numbers do not match do not use split disbursement until the problem is resolved.

Split disbursement cannot be used for payment on personal credit card accounts or to non CG GTCC accounts.

More information is available in ALCOAST 215/08, or for specific questions contact your local administration office for assistance.



**American Cancer Society
Fresh Start
Quit Tobacco Class**

**Tuesdays and Thursdays
3 – 4 PM
June 3, 5, 10, 12, 17 & 19
5th Floor of the Commissary Bldg**

**For more information please contact:
Jody Carman, Health Promotion Manager
487-5525 x 273**

SKILLSOFT TRAINING FOR SPOUSES **IT'S FREE**

Who can use this new program?

Spouses & Dependents of Active Duty & Reserve Personnel

What is SKILLSOFT?

It is an online training system previously available only to Coast Guard members that includes leadership, project management, computer applications, and other general courses as well as online books.



How can I sign up?

FROM ANY COMPUTER THAT HAS INTERNET. COAST GUARD SPOUSES CAN REQUEST A USER IDENTIFICATION (ID) ON THE INTERNET AT [HTTPS://LEARNING.USCG.MIL](https://learning.uscg.mil). HALFWAY DOWN THE PAGE, UNDER THE SKILLSOFT HEADING SELECT: IF YOU ARE A SPOUSE OF COAST GUARD EMPLOYEE "CLICK HERE" AND COMPLETE THE REGISTRATION PAGE. SPOUSES WILL NEED THE ACTIVE DUTY MEMBERS EMPLOYEE IDENTIFICATION (EMPLID) NUMBER TO REQUEST A USER ID. UPON VERIFICATION OF ELIGIBILITY, A REGISTRATION CONFIRMATION WILL BE SENT TO THE REGISTERED SPOUSES E-MAIL ACCOUNT.

Ten Great Ways to Spend Your Income Tax Refund or any unexpected windfall

Are you getting a substantial tax refund? If so, here are some great tips on how to get the **most** out of your money.

- 1. Open an emergency account.** Most Americans don't have money set aside for financial emergencies that always seem to happen when there is no cash in the coffer. Use your tax refund to start an emergency account. A good rule of thumb is to have an emergency fund large enough to cover 2-3 months worth of essential living expenses.
- 2. Pay down high interest credit cards.** The average annual interest rate for credit cards and personal loans is around fifteen percent. Paying off a credit card with that rate of interest will give you an immediate 15 percent return on investment.
- 3. Fund a Retirement Account.** About 30 percent of working Americans have no money invested for retirement. If you are one of them, start a retirement account (Roth IRA, Thrift Saving Plan, etc.).
- 4. Invest.** If you invest \$1,500 in the stock market, over thirty years at 12 percent interest you'll have \$53,924 (caution: always research before making any investment decisions).
- 5. Pay for improvements.** If you own a home, put the money in home repairs or something that will increase the value of your home. If the tires on your vehicle are getting bald, replace them. There are many constructive uses for your money.
- 6. Invest in your emotional, physical, intellectual, and career growth.** Take a college class, hire a personal trainer, take up a hobby, etc. Doing something to improve your health and personal development is a wise use of money.
- 7. Make an extra payment (home loan, car loan, etc.) directly to the principle.** Though you won't feel the benefit immediately, making extra payments when you can will save you thousands of dollars in interest over the life of the loan.
- 8. Donate to a charity.** Giving back to the community is a wonderful way of supporting a cause that are passionate about and may even be tax-deductible.
- 9. Open a 529 College Savings Plan.** A four-year college education can cost \$100,000 or more. Start saving for your child's education with a 529 plan. It works like a Roth IRA and withdrawals are tax-free when used for higher education purposes.
- 10. Plan a vacation.** If you are financially stable and can truly afford a bit of luxury take that trip you've been thinking about. Money is to be enjoyed as well as earned, saved, and invested.

Although all these ideas are excellent uses for a lump-sum amount of cash, remember instead of planning for a refund, it's best to come out even. A tax refund is an interest-free loan to the government and money that is not in your pocket every month. If you have been getting a refund each year, consider changing your withholding exemptions so less tax is withheld each payday. While a tax refund may feel like a gift from Uncle Sam, it's not – it's money that you have overpaid on your income taxes.

For a wealth of online information about life issues, visit the EAP website at www.FOH4you.com.

If you have questions or concerns about the EAP, please contact the Work-Life Employee Assistance Program Coordinator, John Eaton, at (907) 487-5525 x 276, or email: john.f.eaton@uscg.mil.

Chief of
Military
Police:

CWO Mark
Gilmore



Assistant
Chief:

CPO Patrick
Haughey

Emergencies 487-5555 or 911
Non Emergencies 487 5266 ext 110

Military Police/Fire Calls for Mar 2008:

Animal Control	5	Vehicle Accidents	2
Bear Sighting	4	DUI	1
Earthquake/Tsunami	0	Fire Alarms	5
HazMat Spill	8	Lockouts	14
Lost & Found	1	Medical Assist	0
MedEvac	4	911 Hangups	0
Noise Complaint	1	Suspicious Activity	5
Theft	1	Traffic Violations	23
Trouble Alarms	2	Unsecured Building	5
Vandalism	0	Vehicle/Personnel Assist	13

Here are some friendly reminders as we roll into summer:

Quiet Hours: Sun – Thurs 2200 – 0600

Fri & Sat 2300 – 0800 (Also on a day before a holiday)

It's easy to lose track of time with all that sunshine out there, but please be courteous and observe these days/hours for your surrounding neighbors.

Safety Helmets: If it's on wheels, the person operating it needs to wear a helmet.

Children not wearing protective gear, will be escorted home by MilPol, and a citation will be issued. This includes Segways, Skateboards, Tricycles, and Scooters.

BEARS ARE OUT: The Kodiak Brown Bear is out of hibernation and hungry! The natural foods: berries and plant foods, are not yet bloomed, therefore, they will eat anything. This includes pets, trash, or bait. Please guard your small dogs; don't leave trash out; close all trash containers with the latches provided; and don't leave any type of food out in the open or in your vehicle.